

KEWAUNEE COUNTY PUBLIC HEALTH CONNECTION

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Hand Hygiene All Year

How many times a day do you wash your hands? Only after a trip to the bathroom, or before you eat? When do you wash your child's hands? Only when they get sticky or full of dirt? Did you know that washing hands is the number one way to avoid illness and disease?

Both children and adults should wash their hands after using the bathroom, before eating and cooking, after cleaning the house, being outside, grocery shopping, taking out the garbage, blowing your nose, coughing and sneezing, taking care of a sick relative, and after playing with pets. These are just a few ways germs can be transferred.

Germ gel is not as effective as plain old soap and water. Antibacterial gels can be used if you are in the car without running water; however, good handwashing should include wetting the hands with WARM water, lathering soap on hands, between fingers and onto the wrists for 20 seconds. This should be followed by a rinse with warm water and patted dry on a CLEAN towel. Dry hands can harbor bacteria. Make sure if your hands are dry, to use a good quality lotion after washing and several times throughout the day.

With the flu and cold season upon us, basic handwashing can prevent a lot of household illness. Remember to lather up and to check your children. Let's try this year to spread good cheer rather than a cold or the flu virus.

MCH Hotline

This hotline is a link to services for pregnant and postpartum women and children. Call 1 (800)-722-2295 for info. on BadgerCare Plus, WIC, Health Check, and more!



Healthy Stocking Stuffers

Instead of the chocolate Santa or endless amounts of candy, try some of these healthier alternatives...

- + A New Water Bottle**
- + Lip Balm**
- + Playdough**
- + Crayons/Markers/ Paper**
- + Fruits**
- + Books**
- + Slinky**
- + Music Makers**

NPAW Group

If you have interest in nutrition and physical activity in your community, consider joining the Nutrition and Physical Activity Workgroup (NPAW). To inquire, call **(920) 388-7160**

CARSEAT WINTER SAFETY

In a car accident, fluffy padding immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.

-Rise and Shine: Get an early start by allowing you extra time to prepare for the drive ahead.

-Dress Up: Snug layers are recommended. AVOID bulky coats and snowsuits. Apply hats, mittens, socks or booties.

-Did you pass the PINCH test? If you can pinch the straps of the harness together it needs to be tightened.

-Coats or Blankets? Use them over the top of the harness straps/ Place handle in the down right position before driving.

-Emergency Bag to the Rescue! Keep extra blankets, dry clothing, hats and gloves, and non-perishable snacks in your car at all times!



HOW DO YOU BUILD YOUR SNOWMAN SNACK?



SNOWMAN APPLE



SNOWMAN CRACKER



SNOWMAN CHEESE

Fire Prevention

The **Winter Season** is a time when most household fires occur! IT IS A GOOD TIME TO REMEMBER TO:

- Buy and install smoke alarms on every floor of your home
- Test smoke alarms monthly
- Install a carbon monoxide detector outside bedrooms
- Keep space heaters at least 3 feet away from anything that could burn, and turn them off when leaving the room or sleeping
- Practice fire drills with your children

CHRISTMAS LIGHT SAFETY

- Check Christmas lights before you string them up.
- Lights that have fused plugs, preventing sparks in case of a short circuit
- Keep an eye on extension cords, as they can occasionally overheat. Just touch-test the cord. If it's hot, unplug it.
- Don't leave Christmas lights running when you go to bed at night or when you leave the house.
- Not all lights are rated for outdoor use!
- Don't use tack, nails or screws to hang lights. USE insulated hooks!